

## **TREK GEAR – WHAT TO BRING**

Due to the daily paddling requirements necessary to complete the week-long program and the climate of south Louisiana in the late spring/early summer, the following items are recommended for all participants to bring with them, in order to ensure an enjoyable experience in the swamp.

Remember, BE SELF-SUFFICIENT. Don't put yourself in the position of being dependent on others. Think and plan ahead about what you will do about having enough food and water. Keep a back-up snack and bottle of water in your boat, regardless of the group's plans.

### **Required Paperwork:**

These documents are required to be shown at your Arrival Day. Failure to provide forms will prevent crew members from participating.

- • Two (2) copies of Scouting America Health and Medical Forms and medical insurance information conducted within the last year
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- • Scouting America Swim Tests for all participants, passed as either “Beginner” or “Swimmer.” No “Learners” will be allowed to participate
- • High Adventure Risk Advisories completed for all participants with signatures on all forms
- • For ALL adult leaders and “youth” 18 and older – Proof of completion of Scouting America Youth Protection Training
- • Proof of completion of the following trainings (one training required per crew):
  - o CPR
  - o First-Aid
  - o Safe Swim Defense
  - o Weather Hazards
  - o Safety Afloat
- • Proof of age/photo ID for all participants

### **Required Participation Gear:**

These items are required in order to participate on the high adventure trek.

- • Safety whistle
- • 4 large-mouth Nalgene® 32 oz. water bottles
- • 1 bottle non-oily sunblock and sunscreen spray (SPF 30+)
- • Large sponge for removing water from canoe
- • Pocket knife
- • Headlamp
- • Compass

### **Essential Paddling Gear:**

- • Quick dry clothes (2-3 short or long sleeve shirts and 1 pair of shorts)
  - o Swamp Base offers a long sleeve, UPF 40+, 100% polyester moisture-wicking shirt with Insect Shield® for \$35.95. Please contact us with questions about purchasing.
- • Lightweight zip-off long pants (for sun protection while paddling)
  - o Note: Dark colored clothes attract mosquitoes
- • Hat (wide-brim recommended)

- • Close toed water shoes
- • Tennis shoes or boots for walking and for the “Swamp Stomp” portage
- • Lightweight rain gear (pants optional)
- • Sunglasses with strap (polarized are best)
- • Insect repellent (containing 20% DEET)
- • Powdered Gatorade or Powerade or equivalent electrolyte supplements
- • 1 towel
- • 2 dry bags – 20 liters each (larger dry bags are acceptable)
- • “Snack pack” – 5 days of trail snacks in freezer-grade Ziploc bags. Snack packs should be used to supplement individuals that require more daily food than is provided by Swamp Base.
  - o Note: Avoid snacks that will melt in the heat

### **Camping Gear:**

- • Queen sized sheet or lightweight compact sleeping bag rated over 50° F
- • Camp pillow
- • Toiletry kit (toothbrush, toothpaste, biodegradable soap, deodorant, etc.)
  - o Note: Unscented soaps, shampoos, and deodorants will help reduce mosquitoes
- • Mess Kit (plastic bowl, spoon, and fork)
- • One roll of toilet paper in a Zip-lock bag (remove the cardboard center for easier storing)
- • Hand sanitizer

### **Crew Gear:**

- • First-Aid kit
- • Baby powder or Gold Bond® (to cut down on chafing)
- • Garbage bags (10 total)
- Optional Items:
- • Smartphone or camera (waterproof is optimal) for trek documentation purposes
  - o Cell phone dry bags are highly recommended
- • Canoe seat
- • Paracord, rope, or straps for securing gear and water bottles to the canoe
- • Bandana, small towel, rag, or a Real X Gear – Xtreme Cool towel
- • Paddling gloves
- • Sleeping pad for cots
- • Wristwatch
- • Hydration system (Camelback or Platypus)
- • Extra money (\$) for Swamp Base merchandise, souvenirs, or snacks
  - o Swamp Base souvenirs can be purchased after the trek. Note: Keep money with you on the trail, so that souvenirs can be purchased
- • Fishing gear – poles and bait box to be used at Turtles or Rougarou Island and along the trail

### **Health Items (if needed):**

- • Prescription medication(s)
- • EpiPen (if required through a prescription)

### **DO NOT BRING THE FOLLOWING ITEMS:**

- Video games or DVD players
- Fireworks
- Firearms
- Alcohol or Drugs
- Scout-inappropriate clothing

### **PROVIDED GEAR & SUPPLIES**

Swamp Base will provide the following gear and supplies for all participants embarking on the 61.6-mile paddling trek.

- Wenonah 16'9" – polyethylene tandem canoes
- Werner and Cannon kayak paddles
  - o Note: We use kayak paddles with our canoes, as we find that it is a much more efficient way of paddling, and allows even the most unexperienced Scout to enjoy their time on the trail.
- Astral PFD (personal floatation device)
- Hammocks for the primitive camping night on Rougarou Island
- Cots on the Turtles and at Camp Atchafalaya
- 16 meals (beginning with dinner in Lafayette on the Arrival Day)
- Fresh water refills at overnight locations



The polyethylene Wenonah Northfork is made for people who demand ruggedness—sportsmen, camps, outfitters, etc. Its stable hull feels solid when the going gets rough. It has plenty of capacity for gear, and paddles easily when loaded.

- Length – 16'9"
- Width – 37 1/2"
- Weight – 87 lbs.